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PREPARE TO WELCOME IN A SMOKE-FREE 2020 AS YOU QUIT YOUR WAY



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Your money or your health: Choose to make the most of both. Improve your finances and your well-being by leaving tobacco behind as we get ready to enter a new year. Free Quit Your Way tools can make the difference.

Attend in-person sessions at Florida Department of Health in Pinellas County (DOH-Pinellas) centers in St. Petersburg or Largo to kickstart your quit campaign. The Tobacco Free Florida Group Quit sessions are open to the public and presented by the Gulfcoast North Area Health Education Center (GNAHEC).

Two-hour sessions at DOH-Pinellas centers will be held on these dates:

- 10 a.m. to noon, Wednesday, Dec 4, at DOH-Pinellas in St. Petersburg: 205 Dr. Martin Luther King Jr. St., N.
- 1 to 3 p.m., Tuesday, Dec. 17, at DOH-Pinellas in Mid-County (Largo), 8751 Ulmerton Rd.

In addition to the group sessions, those who want to quit can also receive nicotine replacement patches, gum and lozenges at no cost (while supplies last and if medically appropriate). The sessions provide information on how to prepare a plan to quit, how to deal with cravings and what to expect during the process. The programs cover all forms of tobacco.

Each month, the same classes are held at other locations in Pinellas County. Registration is required for all programs. Call (813) 929-1000 or email info@гнаhec.org to register.

For more Tobacco Free Florida resources, go to www.tobaccofreeflorida.com/quityourway.

For more information about GNAHEC, go to www.ahectobacco.com.

For more information about DOH-Pinellas, go to www.PinellasHealth.com or follow us on Twitter at [@HealthyPinellas](https://twitter.com/HealthyPinellas).

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About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](http://www.nacaccredit.org), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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